

AACA 2011 Highlights Resilience

By Cody Yiu

Graduating students from the Asian American Civic Association's (AACA) education and workforce development programs shared stories of overcoming hardships at the annual graduation ceremony at Tufts Medical Center Sackler Auditorium on June 24th.

As keynote speaker and judge of the Quincy District Court, Paul M. Yee encouraged the immigrant students to pursue the path of U.S. citizenship.

"All of you work so hard to be here. I know it's not easy, especially for those of you who have arrived in the United States recently...[once] becoming a citizen, you can vote, you can participate. I know it's difficult. All of you have done difficult things and sacrificed to be sitting in this room with your fellow graduates. [When you are] involved in our democracy, you will open to, and be ready for the opportunities and everything the United States has to offer you," Yee said.

Yee, who grew up in Boston Chinatown, recalled going to AACA with his mother when she was laid off from a garment factory decades ago. "It's homecoming for me, as you know. I have been a member of AACA board of directors for



Student speaker Kim Huang. (Photo by Cody Yiu)

a long time. It's indeed an honor and a privilege to be here celebrating your accomplishments," Yee said.

State legislators also offered their congratulations to the graduates. "Education is the key to ensuring that you can access vast opportunities life has to offer. You are now a role model for those who will come after you," wrote Senator Sonia Chang-Diaz in a letter read by her assistant Sibul Malaba during the ceremony.

Deputy Director Sunny Schwartz also thanked employer partners such as Tufts Medical Center, Eastern Bank and State Street Corporation for their significant contribution. Employers offer workplace support and career advancement opportunities - all of which are critical in achieving AACA's mission in educating, empowering and employing immigrants.

Students also spoke about their experiences in AACA's programs. Student speaker Vance Copeland, a graduate of the Building Energy Efficient Maintenance Skills (BEEMS) was able to launch a new career though AACA.

"I really didn't have marketable skills to re-enter and start a new career path. I am a single father raising a set of twins. It was a struggle just getting by day to

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華美福利會

2011年度

熱點回溯

【本報訊】六月二十四日，華美福利會在塔夫茨醫療中心Sackler大廳舉辦了"教育與工作技能培訓班"畢業典禮。典禮上畢業生暢談各自的經歷，並交流了各自克服困難的經驗。

主講人是昆市法官余達明，他鼓勵移民們申請入籍："大家排除萬難，千里迢迢來到這個國家，尤其是那些新到移民，路途多有磨難。我鼓勵大家加入美國國籍。一旦成為公民後，你有投票權，可以參與選舉。我知道這並不容易。我們都有曲折的經歷，有作出犧牲，最終有機會坐到這裏來。成為公民後，你會步入到民主中來，全面接觸美國社會所提供的各種機遇"。

余達明在波士頓華埠長大，幾十年前母親從制衣廠下崗，法官與母親一起來到華美福利會，"來到華美就像是回到我的家。我身為華美董事會成員多年，非常榮幸能來這裏與大家共慶你們所獲得的成就。"

參議員陳翟蘇妮在信中向畢業生表示祝賀，"接受教育是獲取機遇的橋樑。成為畢業生的你為後來者樹立了良好的榜樣。" (詳文請見反面中文第一版)

David Ngo Tackles China's One-Child Goliath



Founder Chai Ling (left) of All Girls Allowed held its first annual fundraiser in Boston to raise awareness about lost girls in China. (Courtesy of AGA)

By Samuel Tsoi
Sampan Correspondent

It's a girl! The phrase that brings joy and pride to so many couples often elicits the opposite reaction in China, where an extreme number of daughters are abandoned or aborted. The alarming trend is attributed by many to the government's one-child policy. The weighty subject was a topic of conversation on June 17th at a fundraiser in Boston to support All Girls Allowed (AGA), an organization that helps to restore life, value and dignity to girls and mothers in China.

Photographs lined the banquet hall displaying happy mothers with their daughters, many of whom were helped

by AGA. The non-profit was founded by Chai Ling, a Tiananmen Square Movement leader turned Boston-based entrepreneur, philanthropist and activist.

Her organization quickly amassed critical media and congressional attention since its inception last year in Washington, D.C. It is building a broad base of political, business, civic and faith-based actors to end gendercide - the systematic elimination of one sex. In this case, girls are often the victims due to traditional preference for sons which is further exacerbated by the one-child policy.

Implemented since 1979, the one-child rule applies strictly to urban populations, with exceptions and nuances for rural families and ethnic minorities. Still, dra-

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Gee How Oak Tin Association Scholarship Reception



Scholarship recipients of the GHOT scholarship. (Photo by Diana Li)

By Diana Li
Sampan Correspondent

Gee How Oak Tin Association (GHOT) of New England held their 2nd annual scholarship reception for young children at their headquarters on 77 Harrison Avenue in Boston on July 2, 2011.

To be eligible for the scholarship, recipients have to have a surname of Chan, Chin, Chen, Tran, Wu, Woo, or Yuen. Awards ranged from \$120 - \$40. To promote people to sign up for GHOT, award amounts were also based on membership

status. Non-members of the association received 50% less than a member recipient. First, second, and third place member winners received \$120, \$100, and \$80, respectively. First, second, and third place non-member winners received \$60, \$50, and \$40, respectively.

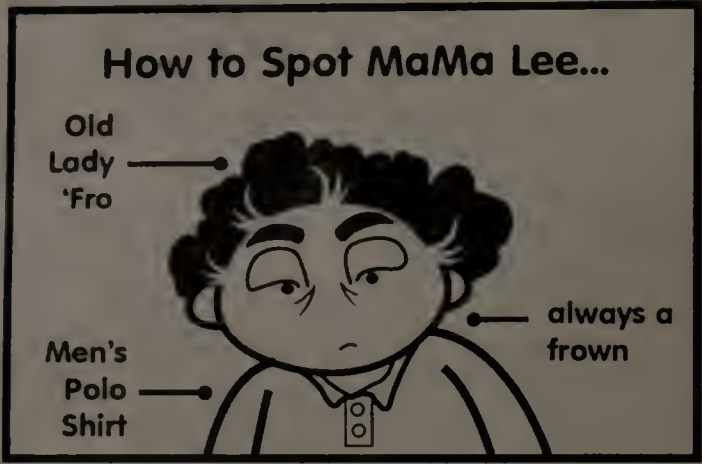
In addition to this scholarship for children, GHOT hosts a scholarship event for college students at their Annual Mid-Autumn/General Assembly banquet in the Fall. For more information on how to apply or join GHOT, please visit <http://home.comcast.net/~ghot/site/?/home/>.



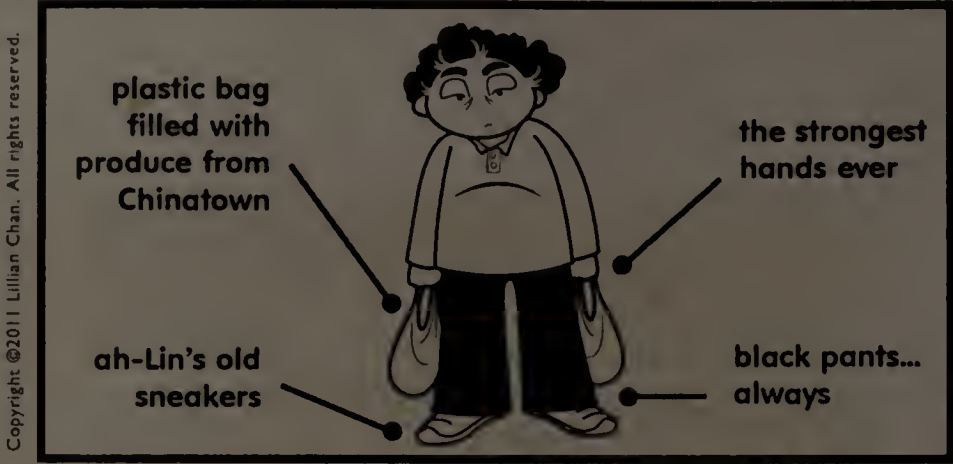
Comic

Empty Bamboo Girl

by Lillian Chan



7-5-11



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Announcements & Event Listings

Homebuying Workshop

Asian Community Development Corporation (ACDC)'s upcoming classes will provide a comprehensive overview of the homebuying process, from choosing a loan to closing on a home. Topics include financing options, finding a home, legal issues and home inspections. Graduates will receive a certificate required for affordable housing lotteries, special loan and assistance programs, as well as free affordable homeownership listings and individual housing counseling.

Date: July 30 and 31, 2011 Saturday and Sunday
Time: 9:30am to 3:00pm
Venue: ACDC, 38 Oak Street, Boston, MA 02111

RSVP: Pre-registration is required. Please email chop@asiancdc.org or contact Alex Zhang, ACDC's Housing Counselor, at 617-482-2380 ext 208.

6 Fort Street Apartments Accepting Applications Now

Asian Community Development Corporation (ACDC)'s 6 Fort Street Apartments is the conversion of old Saint Paul's Methodist Church and the former Adams Park office building into 34 unique and contemporary residences in Quincy Center. The attractive location is within walking distance of local shops, schools, churches, transportation and more. The units are fully appointed and entirely affordable. Be one of the first to occupy these new homes! You can pick up your application for the lottery in person at 6 Fort Street, Quincy, MA 02169 from Wednesday, June 22 through Friday, July 1. Completed applications for inclusion in lottery must be received by 5pm on Friday, July 1, 2011. 26 units will be offered at discounted rents through lottery.

- One-Bedrooms from \$835/month (7 units)*
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- Three-Bedrooms from \$1,160/month (2 units)*

*Rent includes Heat, HW, Water & Sewer (tenant responsible for electric & cooling)

Please see attached for more information or visit 6FortStreetApartments.com. For inquiries, please call Maloney Properties Inc at 617-209-5401.

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AACA 2011 HIGHLIGHTS RESILIENCE, CONTINUED FROM PAGE 1



Keynote speaker Judge Paul M. Yee encourages immigrant students to pursue U.S. citizenship. (Photo by Cody Yiu)



Student speaker Vance Copeland. (Photo by Cody Yiu)

day. When I first heard about AACA, I thought it was just for Asian Americans. I didn't come by just to check out the program. Out of desperation, I made that decision to come by and attended one of the information sessions. I was surprised to find people from all sorts of background [there]," Copeland said.

He was grateful for the support he had received from the AACA staff. "What I remember most about the program is how I appreciated the staff, who cared about my success. Today, I no longer need assistance from the State. I can proudly say that I've started supporting my two children and myself, which makes me feel really good. I would like to say thank you to AACA staff, who makes it all possible. To Maureen [Moreira, Occupational Skills Instructor], who taught me all the soft skills, vocabulary and tools, and concept of weatherization. To Chris [Albrizio, Green Programs Director], who continues to give me guidance and let me know the things I can learn to improve my skills. And to Nikki [Patel, Employ-

ment Specialist], whose timeless work helping me get me an internship and finding a job, and NEVER giving up on me. During times when I thought I couldn't achieve, she always said, "Hey, you can do it.""

Kim Huang is a graduate of the ESOL, Next Steps Transitional English Program (NEXT STEP), and Accounting Skills, Computer and English Training Program (ASCENT). Huang is a Chinese immigrant who arrived in the U.S. in 2007.

"This is the third AACA graduation I've been to. For the first two years, I was sitting like everybody [in the audience]. I dreamed that someday, I would stand in front here to speak to everybody. Today, my dream has come true," Huang said. Her opening remark was followed by a round of applause.

Huang was a business owner in China who dreamed about coming to the U.S. "When I first came to the United States, I didn't know a word of English. The only job I could find was to be a cashier at a Chinese supermarket.

At that time, I told myself, "I need to study English." I came to AACA for testing. I started with AACA's Level 2 ESOL, and completed, Level 3, 4 and 5."

It took Huang 18 months to complete the ESOL program, after which she felt more confident to converse with Americans. In July 2010, she was enrolled in ASCENT to acquire office, basic accounting and computer skills. Those skills helped prepare for interview. "I was proud of myself, because I was able to speak and understand English in my class for 8 hours a day." Huang has recently been offered a job as a billing clerk at Boston Medical Center. Huang also offered a few words of encouragement in Cantonese to her fellow graduates.

Concluding the event, Robert F. Rivers, President of Eastern Bank read from Dr. Seuss' "Oh! The Places You'll go" wholly in Chinese. He imparted Dr. Seuss' wisdom through anecdotes and experiences of his own. Rivers encouraged the students to aim high and to dream big.

QUINCY

South Cove Expands in Quincy for Growing Asian Population



The groundbreaking ceremony. (Photo by Annie Yang-Perez)



Quincy Mayor Thomas P. Koch attended the ceremony. (Photo by Annie Yang-Perez)

By Annie Dan Yang-Perez
Sampan Correspondent

QUINCY, MA – South Cove Community Health Center is expanding its facilities in Quincy to better serve the region’s fast growing Asian population. A new building will arise on 88 Holmes Street, Quincy (corner of Holmes and Burgess Streets), right next to its existing 435 Hancock Street address. The groundbreaking ceremony took place on the morning of Thursday, June 30, 2011, and was graced by Quincy Mayor Thomas P. Koch and other long-time supporters of the institution.

South Cove’s decision to expand is to recognize Quincy’s rapidly growing Asian population and a consequently even larger demand for multi-cultural medical services beyond the means of the current Hancock Street clinic. With a higher-than-average Asian population, Quincy could now be viewed as a second Chinatown. According to the latest data made available by Census 2010, Asians account for 24% of the total population in Quincy, compared to only 5.3% across the State of Massachusetts. It is estimated that the city now boasts over 22,000 Asian residents. After three years’ development, South Cove’s existing Quincy clinic already has a patient base of 11,000, and that number is still increasing at a rate faster than projected. With all these factors

in consideration, South Cove’s top management and board of directors feel a clear need to expand capacities, and that resolution bred an \$8 million development at the corner of Holmes and Burgess Streets, right across from the current location. Designed by HDR Architecture and to be constructed by BOND, the proposed new building will be a 21,000-square-foot facility of 3.5 stories with 50 parking spaces in the lot behind. The first and second floors will be for clinical use: eight pediatric exam rooms, four behavioral health consultation rooms, five dental operatories, and one optometry suite. The third floor will be reserved for future development or leased to a 3rd party. The expansion will also create 15 - 20 new employment opportunities for the community.

South Cove Community Health Center is dedicated to improving the health and well-being of all medically underserved in Massachusetts with a special focus on Asian Americans. This mission is accomplished by providing high-quality community-based health care and health promotion programs that are accessible, linguistically and culturally competent for these populations. More information about South Cove Community Health Center is available at www.scchc.org.

CONTINUED FROM PAGE 1
DAVID NGO TACKLES CHINA’S ONE-CHILD GOLIATH



Chai Ling, founder of AGA, is a Tiananmen Square Movement leader turned Boston-based entrepreneur, philanthropist and activist. (Courtesy of AGA)

conian enforcements such as steep fines, forced sterilizations and forced abortions are commonplace. It also leads to rampant sex-selective abortions via the use of ultrasound screenings, albeit unlawful.

The Chinese government lauds the macro result of population containment (400 million less people) of the policy officially known as birth planning (計劃生育政策). It undergirds ambitious market reforms that brought an unprecedented hundreds of millions of people out of poverty and raised living standards of urban middle class. Increasingly, the one-child policy is criticized for undermining social and economical stability, let alone being responsible human rights violations.

In the most populous country on earth, there are now 120 boys born for every 100 girls. That translates into a million more boys born each year and 37 million more men than women in total – equivalent to the entire US population of young men, or a country the size of Canada populated exclusively by young males.

“When I was volunteering at an orphanage in China, I found an overwhelming majority of the children were girls – I was heartbroken,” lamented Brian Lee, Executive Director of AGA.

The collateral damage adds more dimensions to this severe gender imbalance in China: one million infants abandoned per year, 70,000 trafficked per year, 35,000 forced-abortions take place every day, and 500 women commit suicide every day (five times global average).

Globally, gender imbalance is seen in former Soviet Union states and Asia, even in the most industrialized societies such as Singapore and South Korea. The most acute trends remain in India and China, what Nobel economics laureate Amartya Sen calls Asia’s “missing women.” As these sons reach adulthood, the dearth of brides ushers a bachelor generation. These single men, also known as “bare branches” (光棍) in China, are speculated to have deep implications and disturbances in areas from human trafficking, to public health, to national security.

Mao Zedong notably declared that “women hold up half the sky.” At the current gross rates of forced abortions, high female suicides and neglect of girls, China is edging dangerously on the brink of social disorder. The surplus of men may have increased mental health problems, violent behavior among men, and the kidnapping of women for marriage and prostitution.

These dire consequences, along with old-age dependency and a growing small-family culture, may lead an inevitable abolishment or reform of the policy, but

that tipping point is not at all guaranteed.

“[AGA’s mission] is a David versus Goliath fight,” said David Aikman, the evening’s keynote speaker. The award-winning author and former TIME Magazine Beijing Bureau Chief went on to commend the audacity of Chai Ling, who sustained the same spirit of activism in her Tiananmen Movement days plus her newfound Christian calling to address the suffering of women and girls.

“The practice of foot-binding was a gross injustice towards women that was exposed and overturned by a small group of people acting by faith,” said Aikman, recounting the possibility of advocating for change against one of the most powerful governments in the world.

“Our mission is really to bring God’s love to where the victims are most vulnerable and violated...through the process even to the perpetrators, the policymakers and enforcers,” Chai Ling said.

Signs of changing mores are evident in AGA’s field work. Operating in provinces and villages with the highest son-to-daughter ratio, AGA is beginning to see families begin to desire baby girls through its Baby Shower Gift program that helps expecting mothers through educational and financial support in giving birth to and raising healthy and cherished daughters. AGA also funds scholarships for abandoned girls, legal aid and counseling for mothers, and have started to reunite trafficked girls with their families.

In the public education front, gendercide might be able to bridge the polarized divide on abortion and women’s rights. “We believe [AGA’s focus on gendercide] can help unite both sides, since women’s organizations, pro-life leaders and pro-choice groups care about the girl’s and happiness, life and health,” said Tessa Dale, AGA’s Communications Director. “This is not a question of debate for the two sides – coerced, selective abortions of girls are something everybody is willing to work together to end.”

In that hope of a more united public effort and critical programs on the ground, AGA also seeks to kindle a critical mass of Asian Americans or Chinese diasporas around the world to raise awareness within their communities. “Gender ratios are most imbalanced in Asian American communities in the US than any other US communities...volunteers who speak Chinese are especially needed in this work to help expose problems on behalf of mothers in China,” said Dale. “We hope to see more Asian Americans help end this horrible problem in ways that no other group can.”

COLUMNS

Smoking Cessation

Tufts Medical Center

Tobacco use can lead to nicotine dependence and serious health problems. Cessation can significantly reduce the risk of suffering from smoking-related diseases. Tobacco dependence is a chronic condition that often requires repeated interventions, but effective treatments and helpful resources exist. Smokers can and do quit smoking. In fact, today there are more former smokers than current smokers.

Nicotine Dependence

- Nicotine is the psychoactive drug in tobacco products that produces dependence. Most smokers are dependent on nicotine. Nicotine dependence is the most common form of chemical dependence in the United States. Research suggests that nicotine is as addictive as heroin, cocaine, or alcohol.
- Quitting smoking is difficult and may require multiple attempts. Users often relapse because of stress, weight gain, and withdrawal symptoms.
- Examples of nicotine withdrawal symptoms include irritability, anxiety, difficulty concentrating, and increased appetite.

Health Benefits of Cessation

- Smoking cessation is associated with the following health benefits: Smoking cessation lowers the risk for lung and other types of cancer.
- Smoking cessation reduces the risk for coronary heart disease, stroke, and peripheral vascular disease. Coronary heart disease risk is reduced within 1 to 2 years of cessation.
 - Smoking cessation reduces respiratory symptoms, such as coughing, wheezing, and shortness of breath. The rate of decline in lung function is slower among persons who quit smoking.
 - Smoking cessation reduces the risk of developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the United States.

- Smoking cessation by women during their reproductive years reduces the risk for infertility. Women who stop smoking during pregnancy also reduce their risk of having a low birth weight baby.

Methods to Quit Smoking

- Effective treatments that can increase the chances of successful cessation include the following:
- Brief clinical interventions (i.e., when a doctor takes 10 minutes or less to deliver advice and assistance about quitting)
 - Counseling (e.g., individual, group, or telephone counseling)
 - Behavioral cessation therapies (e.g., training in problem solving)
 - Treatments with more person-to-person contact and intensity (e.g., more time with counselors)
- Cessation medications found to be effective for treating tobacco dependence include the following:
- Over-the-counter and prescription nicotine replacement products (e.g., nicotine gum, inhaler, nasal spray, lozenge, or patch)
 - Prescription nonnicotine medications, such as bupropion SR (Zyban®) and varenicline tartrate (Chantix®).
- The combination of medication and counseling is more effective for smoking cessation than either medication or counseling alone.

(Source: Centers for Disease Control and Prevention)

Article funded through the Asian Health Initiative of Tufts Medical Center

So, you’re thinking about retiring!

By Michael Tow
Sampan Contributor

After many years in the workforce, you’re thinking about retiring. Congratulations! Most people think the only thing to consider before retiring is figuring out how much money they will need and how many assets and income they have to pay for it. However, there are a lot more things besides the finances to take into account as you make this decision. Here are a few additional things to consider before taking the big plunge!

What will you do?

Taking a break and doing nothing but relaxing may sound good right now, but after a few months it may become monotonous. Consider new activities. You have to be mentally ready to not go into the office anymore. You need to have something to replace the time that you spent working, such as a hobby, doing volunteer work, taking an adult education class or finding a part-time job. When you stop working, work-related social activities and regular socializing with co-workers often stop as well. It can be a difficult transition. Finding a good hobby, like golf or volunteering at a local charity organization, can be a great new thing to focus on.

Where will you live?

While you may want to stay in your home, now that you will no longer be tied to your job, you may decide to move. Some retirees downsize into a smaller home or condo or others relocate to another part of the country, where the cost of living is lower. Many retirees who do stay in their current home become snowbirds and move to warmer climates for the winter and never shovel snow again; while some choose to move closer to their children.

Consider the effect on your spouse

Retirement may change your relationship with your spouse. Your spouse may already be at home. If that’s the case, a couple being together all day-every day could be wonderful, but it could also cause friction if they’re unprepared for it.

If your spouse is still working, what was distributed as household duties and responsibilities may have to be revised. Either way, the current arrangement that you have will have to change. Having a discussion with your spouse about the day to day changes could help prepare you both for your retirement step.

I have a client of mine whose husband had just retired. She had taken care of the all the cooking and household duties for 40 years, while he worked and everything was fine. It wasn’t until after he retired, that he started telling her that she was doing things wrong. Her favorite complaint of his was when he told her she was buying the wrong kind of tomatoes at the grocery store!

Do a trial run.

Retirement these days does not always have to be an all or nothing decision. One option is to take a gradual step by reducing your hours to part time. This will make the transition easier and you may also be able to keep your health insurance. Another option to see if you’re ready for retirement is to arrange for an extended vacation or a leave of absence. You may find that you are ready for retirement after all or that you would like to go back to work but doing something completely different.

If you have a question or topic that you would like me to discuss in a future article please email me at mtow@new-bostonfinancial.com.

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COLUMNS

“Diamond and Damion”

By Sharldine Desire
Sampan Youth Writer

CHAPTER 4: DI

“Dami, what are you talking about? You know nothing can be done for her now.” Diamond shook her head at me, her shiny curls gently brushing her face.

I moved closer to her and lowered my voice a bit. “Remember in school, Di, when we were learning about the lizards? They said that the antidote could only be found in an exotic flower that scientists found years ago.”

“Yes, but it also said that that flower was basically wiped of the planet years and years ago. No one knows if it even exists anymore, or even if it did, where on earth would they look to find it?” Di’s eyes were guarded; she wasn’t letting me see what truly lay beneath her doubt. I could tell she wasn’t allowing not even a bit of hope to enter her heart, for the agony of being wrong would be more than she could take. I wanted to grab her hands and cool her down so she could listen to me, but I had to settle for my voice.

Her composure melted and she smiled almost sadly, shaking her head at me again. “Dami, I’ll always believe you. You have no reason to lie to me, and I have every reason to trust in you.” She paused, then said encouragingly, “Tell me.”

So, I did. I told her about the camping trip my uncle and I took two years ago and of the amazing discovery we made...

When my uncle and I had gone camping a couple years ago, we came upon a cave. Curious, we went inside and found the impossible. Hundreds of shelves lined the walls, filled with bottles and jars from the very ceiling to the floor. My uncle noticed that the containers all had labels, and when we first beheld the words upon them, we could not help but doubt. They were remedies to all sorts of different things; from conditions as harmless as the common cold to illnesses as deadly as cancer. We refused to believe it, but when I came across a bottle labeled “common cuts” and poured a small amount on a deep wound I had received the day before, our opinions immediately changed. The cut disappeared almost instantly!

We stared in wonder at the containers with new eyes and I couldn’t help but see the advantages of the place on human kind. But my uncle was sure that it would be used unjustly, and insisted that the place was just unnatural. Therefore, we swore not to tell a soul, figuring that we’d leave the reveal to the next discoverer and hoping that it would not be wrongfully used. I’ve never been there since and didn’t think I’d have to, until Daisy...

When I came to the end of my tale, Di’s brown eyes were staring at me. In them, I saw the struggle of believing me and trusting in logic. “And you think that something could be there that could save Daisy?”

“I’m sure there has to be, Di. I have a really strong feeling that we have to go.” I paused, allowing her to think for a couple of minutes before saying, “So, what do you think?”

Di bit her lip and twisted a shiny strand of hair around her index finger. When she finally lifted her face, I saw a flicker hope in her eyes and when she smiled at me, I saw something else too... but it was too faint or too hidden to make out. “Okay, let’s do it. If there’s the slight-

est chance of this working, we’ve got to try.” She pulled at her hair as I beamed at her. “So...how are we going to do this?”

I got serious again. “We’re going to travel as close to the mountain as possible by carriage, then the rest by foot. We’ll get there by early afternoon if we catch the carriage by dawn.”

“The station is miles away!” she said.

“I know. We’ll have to sleep somewhere else tonight and wake up really early tomorrow morning, around four o’clock.”

“We’re leaving tonight?” she whispered loudly, eyes wide. “Where are we going to sleep again?”

I smiled. “You’ll see. Now, hurry up and change. Then, pack a day’s worth of clothing and stuff in a camp bag. I’m going to get some food.” So I left her to dress and quietly packed some dry goods and canned food from her kitchen. I didn’t take much; I had already raided my own pantry. When I was through, I went back to my room to go over everything. I was suddenly very excited and very scared. This had to work, it just had to.

Di came in, dressed in dark pants and light-colored t-shirt. She had hiking boots on, just like me and her hair spiraled down her back in a high pony-tail. She asked me if she was dressed appropriately for our adventure. “Definitely,” I said. She smiled and followed me to Daisy’s room, where her smile instantly faded.

“I’m leaving her,” she whispered to me. I came up to her wanting so badly to take her hand and hug her tight.

“Yes, but you’re leaving to save her life. She knows you wouldn’t leave her otherwise.” She nodded her head but a tear slipped out anyway. She stepped carefully around her parents and embraced her sister whispering, “I love you Daisy. Don’t worry; Dami and I are going to save you. We promise.” After I preformed a similar act, Di grabbed a piece of paper from Daisy’s desk and wrote her parents a note. It read...

Dear Mom and Dad,
Dami and I are going to find the antidote that will save Daisy. Don’t worry about us, we’ll be fine. Sorry to leave like this but we’ve got to try. I Love You.
*Diamond**

I read the sadness in her eyes as she left her family behind. When we got to her front porch, I looked out into the darkness of the night and turned to her. I lit the lantern so I could clearly read her face. “Diamond,” I began. She looked at me, confused. “You trust me, right?”

She seemed kind of surprised and her eyes didn’t hide it. She showed a small smile. “More than anyone else in the entire world,” she said. “Dami...sometimes I trust you more than I trust myself. Like right now.” She smiled wider and looked at me with those beautiful brown eyes...I never wanted to hug her so badly in my life.

“Me too,” I told her, “That’s all we need. We can do this Di, we have to.”

“For Daisy,” she said, eyes welling up.

“Yeah,” I whispered, “for Daisy.”

Then with our bags on our backs and hearts filled with hope and trust and courage and love, we began the journey that changed our lives forever.

TO BE CONTINUED...

The Haven
-a little piece of
Scotland



Haggis and Neeps . (Photo by Anna Ing)



Scotch Deviled Egg. (Photo by Anna Ing)

By Anna Ing
Sampan Contributor

Open for a year, **The Haven** (2 Perkins Street, Jamaica Plain, MA (617) 524-2836, located in Jamaica Plain’s Hyde Square, has been bringing Caledonian food at this gastropub in a city overrun by Irish pubs. The simple menu does consist of a lot of fried items, but it varies every so often. This hotspot serves Scottish craft beers, house made cuisine by Chef Wax and has live music!

First off is oat cakes (delicious bread with hints of honey) served with butter and house made pickled vegetables to nibble on. The appetizer portion of the famous **Haggis and Neeps** \$9 (sausage with offal (entrails and innards), spices, and oats) has a distinctive nutty flavor that is not for the faint hearted. It is served over a tasty honey, truffle mashed rutabaga (Swedish yellow turnip) and Drambuie (malt whiskey flavored with honey and herbs) butter. Haggis is always served every January 25th on a Scottish Holiday to celebrate Scotland’s favorite son and

national Poet Robert Burns (aka Rabbie Burns), who also wrote “Auld Lang Syne”

Next came the **Scotch Deviled Egg** \$8 (commonly served with salad and pickles) which consisted of one egg, deep fried and cut in half, wrapped with ground sausage meat and filled with deviled egg accompanied by a simple, lightly dressed arugula salad served with a lovely spicy yellow mustard for a nice kick.

The main entrée was the **Sassitch and Mash** \$18: a Hunter’s Sausage and Yukon potato mash with bits of skin, herbs along with roasted celeriac (root vegetable) and onion jus. The sausage was not overly salty and tasted delicious with the lovely green celeriac (celery root) and potato mash.

A very non Scottish dessert is the chocolate bread pudding served with an original flair topped with coconut curry ice cream. Surprisingly, the coconut curry ice cream served as a lovely contrast to the balanced bread pudding which was not overly dry but moist. If you want to try **haggis** without traveling to Scotland, **The Haven** is the place to go!

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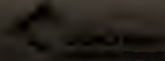
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OP-ED

Massachusetts DREAMin'

By Samuel Tsoi
Sampan Contributor

Last month, Democratic Senators re-introduced the decade-old DREAM Act, a legislation that would offer legal status to eligible undocumented immigrants who were brought into the country as minors. The decade-old bill narrowly failed to overcome a filibuster last December, after passing the House of Representatives – the furthest the bill has ever reached. The political prospects of its passage this time around are dim unless it is a bipartisan effort. Nevertheless, the urgency and needs of thousands of students loom larger than ever.

This population of DREAMers, which argues many advocates, educators and businesspeople, is the most deserving group of a pathway toward citizenship and a chance to contribute to a country they already belong to.

Take the story of Jose. The Filipino-born Pulitzer-winning journalist Jose Antonio Vargas recently “came out” with an article on the *New York Times* on his journey as an undocumented immigrant. Jose was never told about his status until his attempt at getting a driver’s license as a teenager. Since then, a team educators, counselors, and friends became what he called his “personal underground railroad” helping him succeed throughout countless obstacles.

“[Even with all these achievements,] I am still an undocumented immigrant... It means going about my day in fear of being found out. It means rarely trusting people, even those closest to me, with who I really am. It means keeping my family photos in a shoebox rather than displaying them on shelves in my home so friends don’t ask about them. It means reluctantly, even painfully, doing things I know are wrong and unlawful,” Jose recounted.

An American in every way except for his lack of papers, Jose is just one of many (estimated two million young adults and teenagers) who are striving for the American Dream, who know no other home, but are stuck in immigration limbo.

The gridlock in Washington has only produced rhetoric. Many Republicans are demanding more enforcement even after billions of tax-dollars have been spent on border security. Some are even suggesting overturning bedrock constitutional rights such as birthright citizenship. Meanwhile, Democrats are criticized for paying only lip-service at best and using immigration as campaign tools at worst. All the while, being the party responsible for record numbers of deportations.

Advocates are now asking President Obama to halt deportations on DREAMers and other non-criminal immigrants,

which are the overwhelming majority of undocumented immigrants.

But with the newly-graduated class of 2011 comes another summer without the DREAM Act or real relief for these aspiring young Americans. In this state, we do not have to leave these students behind, many of whom high-achieving, do not qualify for most financial aid, but want to contribute fully to the Commonwealth.

Currently, Massachusetts’ public colleges and universities require these students, albeit graduates of local high schools, to pay the often unaffordable out-of-state tuition. A bill before the State House would change that.

Unfortunately, misconceptions and outright denial of facts are still rampant in the media, ranging from portraying in-state tuition as a “handout” or scholarship, to undocumented students “jumping the line” – claims which echo the larger immigration debate. While some Massachusetts state legislators might give in to those emotionally-charged and exclusionary claims, others can find the real policy impacts to have net-benefits for all parties involved – or simply acknowledge the humane and just treatment these young people deserve.

Allowing these students to pay in-state tuition does not take away “seats” of other students since they are admit-

ted and enrolled like any other student. Secondly, these students still would not be eligible for federal grants and loans, let alone any state-funded aid – but are given the equal chance to pay the same rate as those they graduated high school with. Lastly, studies have shown that graduates of Massachusetts public colleges are far more likely to stay (work, invest, pay taxes) in Massachusetts, not to mention the millions of additional tuition revenue otherwise lost according to the Massachusetts Taxpayer Foundation.

Finally, in-state tuition would pave the way for these students to be DREAM Act-eligible, until the “adults” in Congress get their act together.

This week, neighboring Connecticut will enact an in-state law, following a dozen other states including conservative legislatures such as Texas and Utah. There is no reason why Massachusetts (a state known of education) cannot offer education equality in this regard.

Our students need not languish for another year of educational purgatory. Passing in-state tuition will demonstrate that investing in these young people will benefit states blue or red and urge politicians across the aisle to do what’s right for the future.

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FEATURE

A Walk Through Chinatown



The New Josiah Quincy School on Washington Street, opened in 1976. (Photo by Candice Montalvo)



Ni Lun Family Association. (Photo by Candice Montalvo)



China Town Gate. (Photo by Candice Montalvo)



Small park built at Parcel C. (Photo by Candice Montalvo)

By Candice Montalvo
Sampan Correspondent

Many Bostonians tend to think of Chinatown as a commercial hub, a place to get dim sum, dumplings, and cheap imported goods. But next time you walk through the streets of Chinatown, look up. Above the restaurants and storefronts of the 300 plus businesses are the apartments of some of the 6,000 plus people who call Boston's Chinatown home.

On Saturday May 7, I participated in a walking tour of Chinatown that was designed to share more about the lesser known historical and residential side of Chinatown. "By giving these tours, we are helping maintain the history [of Chinatown]," said Cherry Lim, tour guide and intern for the Asian Community Development Corporation.

The tour was sponsored by MetroFuture of the Metropolitan Area Planning Council in collaboration with Chinatown based organizations Asian Voices of Organized Youth for Community Empowerment (A-VOYCE), the Asian Community Development Corporation (ACDC) and the Boston Chinatown Neighborhood Center (BCNC).

The tour covered 11 culturally significant sites in Chinatown and a narration of the growth, struggles, and perseverance of this community. With burgeoning Chinese communities cropping up in Quincy and elsewhere in the Greater Boston area, this tour helped to illuminate how the history and culture of Chinatown play a role in its continued relevance and importance for Chinese in Boston today.

The first stop on our tour was the affordable housing complex Tai Tung Village, which means "the great similarity" in

Chinese. The average household income in Chinatown is about \$15,000 per year, making the subsidized apartments of Tai Tung extremely popular. Despite having only a single elevator for the entire complex, there is an 18 year waiting list for those seeking housing here, said Lim.

Our second stop was the Old Josiah Quincy School on Tyler Street. Opened in 1847, it was one of the oldest public schools in the country and the first to break away from the "one-room school house" tradition, offering separate classrooms for each grade level. The school relocated to Washington Street in 1976 and the old building is currently used to hold Chinese classes for Chinese-American children to learn Chinese language and culture. "This was my equivalent of Sunday school," said Lim, a former Chinese-school student here.

Next, we viewed a few of the remaining Family Associations. Before non-profits, the associations used to provide many services to immigrants such as employment and housing placements. They were traditionally segregated by family name or village. While, these services have now been replaced by the many non-profits operating in Chinatown, the associations still serve as a site for social gatherings.

Our fourth stop was the controversial Parcel 24 on Hudson Street. This was once a lively residential street lined with brick buildings until the 1960s, when one half of the street was "reclaimed" by the state in order to build an on-ramp to I-93. Now, several decades later and post Big-Dig, that half of the street lays vacant, but it has recently been approved for new mixed-income housing condos in the coming years. It remains to be seen whether Hudson Street will be revived after construction of the new housing.

Also situated on Hudson Street is the Chinese Merchants' Building, or more specifically, two thirds of the building. The posterior third was removed to make room for the same on-ramp that took out half of Hudson Street's apartments. Built with money from local Chinese businessmen, this building was once considered a jewel of the neighborhood. Now the building is rumored to be "cursed" after several failed attempts by restaurants and other businesses to succeed here.

The Chinatown gate, a hallmark of Boston's Chinatown, was actually a gift from the government of Taiwan. It is one of several "paifang" arches given by the Taiwanese government to Chinatowns around the U.S.

A graffiti-tagged and unkempt parking lot called Ping On Alley is actually the birthplace of Boston's Chinatown, though there is no obvious monument or plaque to denote it as such. Chinese workers moved eastward when the completion of the transcontinental railroad offered factory jobs in Western Massachusetts during the strike. After the strike was over, they took the train as far east as possible and landed in South Station. This group of men pitched tents in Ping On Alley and Chinatown was born.

Lim then showed us a tiny alley on Oxford Street that was once the most coveted place to live in Chinatown. The tiny road meant no through traffic and children could play freely in the alley, a luxury in a neighborhood with so little green space. Just outside the alley is The Chinese Heritage Mural, painted on the side of a brick building. The painting is a replica of an original piece called, "Travelers in an Autumn Landscape," which is on display at the Museum of Fine Arts.

Perhaps the most transformed area of Chinatown is the Washington Street corridor. In the past, high crime, prostitution and drug trafficking earned this street its infamous nickname, "The Combat Zone." "When I was little, my parents would not let me come over here," said Lim. Due to its undesirable location, Washington Street was one of the few affordable areas for new immigrants, including refugees from Vietnam, to open businesses. New restaurants and other redevelopment efforts in the '90s eventually helped change the face and character of the neighborhood. This area remains the only zoned adult entertainment district in Boston, though only two strip clubs still remain.

Our tour concluded at Parcel C with an uplifting story about how community activism prevented Tufts from building a parking garage on this land. Tufts owns about 30 percent of the area of Chinatown and most of its buildings are not open to the community. Though its relationship with the Chinatown community has improved in recent years, some say there is still more progress to be made. With the support of the ACDC and Mayor Menino, Chinatown protesters were able to regain the property from Tufts. The land was used to construct a mixed-income, multi-purpose building. It houses four non-profits, including the ACDC, and has function rooms available for community events. In front, there is even a small playground and green space, a rare commodity in Chinatown. The ability of the community to rise up and oppose the construction of another parking garage represented "the culmination of all the struggles Chinatown has faced," said Lim. "A lot of things would have changed had this been a garage," she added.

健康資訊

吃素的好處何在？

素食逐漸成為世界性潮流，成為注重健康的飲食選擇後，素食的相關研究也就愈豐富。由這些結果顯示，只要注意營養的均衡，素食不但不會影響健康，反而可以防止許多致命的疾病發生。

■吃素可抗癌

自從科學家開始探索飲食與癌症的關連後，蔬菜、水果就一直被認為癌症的解藥。食用大量的新鮮蔬菜水果，可以降低肝癌、結腸癌、胰臟癌、胃癌、膀胱癌、子宮頸癌、卵巢癌和子宮內膜癌等癌症的危險。大量食用蔬果的人罹患癌症的危險，只有不常食用的人的一半。改變大量肉食的習慣，提倡每天至少吃5種新鮮蔬果。

■吃素對心臟有益

吃大量的蔬菜、水果可以降低心臟病發和中風的機率。

■吃素增強免疫力

每天至少吃5種蔬菜水果。而素食更有免疫優勢。男性素食者的白血球對抗腫瘤細胞的力量，比男性肉食者強兩倍。也就是說，素食者只要肉食者一半的白血球，就有相同的免疫功能。

■吃素減輕更年期不適

婦女進入更年期，不再分泌雌激素時，有時會出現難以啟齒的易怒、性慾減低、潮熱等問題，攝取黃豆製品所增加的雌激素，可以「節約」身體原本的雌激素流失的量。

■吃素比較長壽

素食者比較長壽，是因為素食可以引導出更健康的生活型態。吃素者比較少抽菸、喝酒，並保持愉悅心情等。除此之外，高纖、低脂的飲食對大部份的文明病如高血壓、糖尿病都有預防的效果。

吃素營養夠嗎？

素食者選擇的不僅僅是食物，而是一種生活方式。

■三大營養素無虞

蛋白質、脂肪和醣類這三大營養素是比較不用擔心缺乏的。豆類、穀類、堅果類都含有蛋白質。美國營養協會指出：「假如在一天之內，吃進不同的食物，即使是只有植物為蛋白質來源，也能提供所有氨基酸所需的適當份量。」過去，營養學者總是對素食者強調一餐要同時吃豆類和穀類，才能維持蛋白質的含量。那是因為蛋白質中的甲硫胺基酸及離胺酸，人體無法自行製造，而必須仰賴食物攝取，通常穀類含有豐富的甲硫胺基酸，大豆含有大量的離胺酸，彼此可以截長補短。但最新的研究發現，一天內不一定要在同一時間吃進，也能確保足夠的氨基酸。

■可能會缺乏的維生素與礦物質

◆維生素B12

維生素B12僅存在於動物性食物，因此素食者常被警告要攝取足夠的維生素B12。維生素B12是快速成長的細胞形成時所必須，如骨髓中的紅血球、白血球、毛髮的毛囊細胞等；而且維生素B12也可以維護神經系統的運作。彭巧珍主任建議，素食者乾脆每天補充一顆健素糖（由酵母製成），或早餐吃素食用的玉米脆片通常都有添加維生素B12。

◆鈣

鈣不僅形成骨骼、牙齒，也是肌肉（包括心肌）收縮所必須。但因為纖維、植酸和草酸會降低鈣的吸收，所以素食者容易缺乏鈣。每天吃一碗黑芝麻糊、每天至少吃一次深綠色葉菜，每餐都要有一種豆製品，就可以比葷食者更不用擔心鈣不足的問題。

◆鐵

鐵是形成紅血球中的血紅素所必須，也是肌肉中氧的儲藏所。因為人體比較容易吸收肉類的鐵質，所以吃素的人容易缺鐵。可多吃莧菜、紅鳳菜、菠菜、青菜等高鐵蔬菜；而且維生素C可以幫助植物性鐵的吸收，和富含維生素C的食物一起吃效果更好。

◆維生素D

維生素D來自牛奶、乳酪，純素者比較容易缺乏。維生素D可以提高飲食中鈣的吸收能力；也有助於骨骼牙齒的形成。還好人體可以自行製造維生素D，只要每天在清晨或黃昏曬曬小腿（或其他不怕曬黑的地方）15分鐘，就能獲得充足的維生素D。

◆鋅

肉類、肝臟、蛋、海產是鋅的主要來源，所以素食者對鋅的攝取量會比葷食者吃得少。但是鋅是人體成長和製造能量所需的A之一。為了彌補這項缺失，素食者可以吃未精製的五穀雜糧類、南瓜子、小麥胚芽、燕麥片等。

吃素應指自然、簡單、粗糙的食物，但國內傳統的素食充斥著精緻仿葷的素菜，再加上不正確的烹調方式，讓大家在追求健康的旅途中，存在許多陷阱。

■過油

傳統的觀念認為素食沒有肉容易餓，所以食材大多先炸過再調味，但油吃多了，一樣會胖，一樣會引起心臟血管疾病。最明顯的例子就是某知名法師吃素一輩子，不但身材圓滾福泰，心臟也開過好幾次刀。

■過甜

素菜的飯後甜點常見紅豆糕、地瓜丸、芝麻球或馬蹄條，過多的糖份會刺激血中的三酸甘油酯上升，形成高血脂症；有些出家師父因為蔬菜吃得少，就以水果代替，長期下來也造成血脂居高不下。

■營養不均衡

怎樣健康吃素？均衡的營養是任何健康飲食的關鍵，素食也不例外。

■種類多樣化

不論是主食（米飯麵包、五穀雜糧、豆類）、蔬菜、水果、奶蛋類、油脂類，所含的營養都有差異，而且彼此不能互相取代，因此餐桌上應該經常變化菜色。

■多選擇新鮮、未精製的食物

吃素者最好能養成選擇新鮮豆類和五穀雜糧，取代素雞、素鴨的習慣。

■少油、少鹽、少糖的基本飲食原則

減少油炸，儘量以清蒸、水煮、涼拌或生菜沙拉方式，保持食物原味。少吃醬瓜、醬菜、豆腐乳等高鹽食物；少碰飯後的各種中、西式糕點。

■有意識地多補充素食者可能會缺乏的營養素

維生素B12：每天吃一顆健素維生素

D：每天曬15分鐘的太陽

鈣：蛋奶素的人每天喝1~2杯的牛奶；全素者每天吃一碗黑芝麻糊、每天至少吃一次深綠色葉菜，每餐都要有一種豆製品。

鐵：吃莧菜、紅鳳菜、菠菜、青菜等高鐵蔬菜；最好和富含維生素C的食物一起吃。

鋅：未精製的五穀雜糧類、南瓜子、小麥胚芽、燕麥片等。

如何跨出第一步？每天一餐吃素 我真的應該吃素嗎？

飲食是唯一可以完全控制影響健康的主要因素。你可以決定要不要吃某種食物，卻不能控制你周圍環境如噪音及空氣污染。就算無法做到完全素食，可以一天選一餐吃素做為開始，哪一餐都可以，不僅可以控制體重，也可以降低膽固醇，又可以抗癌。換言之，這是強迫自己攝取足量蔬菜水果的好方法。

剛開始吃素的人常遇到一件事就是，還不到吃飯時間就餓得發慌，甚至手腳發冷，那是血糖過低所致。因為素食的熱量比低於葷食，吃下同樣的份量，熱量卻是低的。解決之道可以在肚子餓的時候吃一些醣類（如蘇打餅乾、全麥吐司等）補充熱量。

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移民新聞

記者自爆非法移民

為敦促國會和奧巴馬政府進行移民改革，推動夢想法案（DREAM Act）為移民學生制定一條入籍途徑，一位因報道維州理工大學校園槍案而榮獲普利策新聞獎的菲律賓裔名記者，於6月22日將自己保守了近20年的秘密公布於眾：他是個非法移民。《紐約時報雜誌》於6月22日在網上刊登了瓦戈斯（Jose Antonio Vargas）自揭身世的長文。瓦戈斯在文中表示，自己12歲時被母親送上一架從菲律賓飛往美國的航班，投奔在加州灣區合法居住的祖父母。飛機上與他同行 的是一位叔叔（其實是蛇頭）。但瓦戈斯直到自己16歲申請駕照需要出示綠卡時，才赫然意識到自己的移民身分有問題。車管局的工作人員對他說，他的綠卡是偽造的，叫他不要再到這兒來了。瓦戈斯回家質問祖父，對方承認他的綠卡等移民文件都是買來的。瓦戈斯22日接受美國廣播公司（ABC）訪談時說：「我記得自己的第一反應是，好吧，既然如此，就改掉口音吧。因為我不能給任何人任何理由懷疑我不是美國人。」瓦戈斯並說服自己說，只要工作足夠努力，獲得足夠多的成就，就能被授予公民身分。瓦戈斯祖父的初衷是，買張假綠卡至少能幫助孫兒找份低薪工作，但瓦戈斯志向高遠。為了能上大學，他把自己的難處告訴了灣區山景高中校長海蘭德和學區總監菲舍。兩人不僅願當瓦戈斯的導師和代理家長，最終更為他找到一個資助優秀學生的獎學金項目，令他得以就讀三藩市州立大學。瓦戈斯隨後在《三藩市紀事報》和《費城每日新聞》找到實習機會，因身分材料不足而被《西雅圖時報》拒絕。不過，不懈努力的瓦戈斯最終得到了《華盛頓郵報》的聘書。華郵要求應徵者出示駕照，瓦戈斯則在導師們的幫助下，從管理寬鬆的俄勒岡州申請了駕照。瓦戈斯回憶說，在擔任華郵全職記者期間，他一直使用不實證件 報道華盛頓新聞，其中包括一次白宮國宴活動。瓦戈斯其間曾因擔心自己的秘密被僱主發現，而試圖避免報道移民政策類的新聞。瓦戈斯最終向他的導師、當時的編輯部助理主編珀爾吐露真相。珀爾始終堅守秘密，直到瓦戈斯離開。瓦戈斯受僱華郵期間，因報道維州理工大學校園槍案而與同事一起榮獲普利策新聞獎。他最近在《赫夫頓郵報》擔任資深編輯，但工作不到一年就辭職，原因是他8年前申辦的俄勒岡州駕照即將到期。雖然瓦戈斯在今年30歲生日之前，獲頒一張華盛頓州的駕照，令他能繼續撒謊5年，但他再也無法忍受。瓦戈斯表示：「我精疲力竭，再也不想過這樣的生活。」瓦戈斯在揭開自己身分同一天發起一項名為Define American的運動，計劃通過像他這樣的移民故事，敦促國會和奧巴馬政府進行移改。華郵發言人克拉迪發表聲明稱：「瓦戈斯和珀爾都做錯，我們不討論僱員隱私，但將評估內部程序，相信這只是個案。」美國移民和海關執法局（ICE）當天未評論瓦戈斯案例，僅聲稱該機構優先處理最威脅公共安全的案件。但一些反移民保守派組織已呼籲當局將瓦戈斯遞解出境。



瓦戈斯

英文學習

What’s next for you?
下一步有什麼打算?

會話英文

Willy: What are your career goals?
Gail: I'd like to gain practical knowledge and experience working in a marketing position. After that, I'd like to do an MBA.
Willy: Would you keep working? Or would you 1)pursue full-time study?
Gail: If possible, I'd like to go to night school so I can keep working.
Willy: What about ten years from now? Do you see yourself in 2) management?
Gail: Yes. That's my ultimate goal.
威利：妳的職涯目標是什麼？
蓋兒：我想要獲得行銷工作的實務知識和經驗。接下來，我想要攻讀企管碩士。
威利：妳會繼續工作嗎？還是想要全心全意讀書？
蓋兒：如果可能的話，我想要讀夜間部，才能繼續工作。
威利：那麼十年之後呢？妳覺得自己會擔任管理職嗎？
蓋兒：會。那是我的終極目標。

What are your career goals?

你也可以這樣說
● Tell me about your career plans. 跟我談一談妳的職涯計畫。
● Where do you see yourself in five years? 妳覺得自己五年後會有什麼發展？
● What kind of career do you want to pursue? 妳想要追求什麼樣的事業？
● What are your 3)short-term/long-term goals? 妳的短期 / 長期目標是什麼？

英檢字彙 Vocabulary Bank
1) pursue (v.) 從事，追求
Allen wants to pursue a career in real estate.
2) management (n.) 管理；管理階層、團隊
I hear that store is under new management.
3) short-term (a.) 短期的，long-term 即「長期的」
The bank offers both short-term and long-term loans.



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移民資訊

美國對雙重國籍的法律規範

自從九一一恐怖攻擊事件之後，美國開始緊縮移民政策，再加上移民局即將改變公民入籍的考試，許多持有綠卡多年的人士紛紛趁機宣誓成為美國公民。

很多人對於美國的雙重國籍法律規範都有相當程度的困惑及誤解，不論是經由歸化成為美國公民或者在美國出生而自動成為公民的，都應該了解美國法律對雙重國籍的要求及限制。

所謂的雙重國籍指的是一個人同時屬於兩個不同國家的公民，而每個國家也有屬於他們獨有的國籍法。基本上，每個人的“國籍”是由該國的國籍法所規範。因此若是一個人同時擁有兩個(或以上)的國籍，那麼這個人也同時受到持有不同國籍身份的國家所管轄與規範。

若是一個人同時持有美國及其國籍的公民身份，美國對雙重國籍的法律與規定只能影響這個人的“美國”公民身份，而無法影響到這個人外籍國籍身份。相對的，這個人的外國國籍對雙重國籍的規範也只有對該國的公民有所影響，而不會

影響到此人的美國公民身份。

一個人可以因為每個國家對於法令規範的不同而自動取得該國的國籍。舉個例子來說，在美國出生的小孩可以自動成為美國公民，而因為其父母均持有外國國籍而可能同時取得外國國籍的身份。一個美國公民可能藉由與外籍人士結婚而成為其他國家的公民；一個外籍人士也可能經由歸化而取得美國公民權而不影響其出生國的國籍。

基本上，美國法律並沒有強制規家一個擁有雙重國籍的人士在兩個國籍中選擇一個國籍。同時，若是一個人人在“自動”的情況下取得他國國籍的人士也不會影響到其美國公民權。但是，若是一個人“自願”的“選擇”申請其他國籍的身份，而有意於放棄美國公民身份時，就會喪失其美國公民的身份。

因此，當您在慶祝成為美國公民的同時，最好也了解您持有國籍的國家對雙重國籍的範與要求，以免因為不了解法令而喪失了公民權。

2011美國移民協會的政策新消息

2011年度的美國移民律師協會 (AILA) 年會於在6月15日至6月18日在美國加州的舉行，會議概要歸納如下：

EB- 1 A和Kazarian案的影響

在2010年8月，移民局發出了政策備忘錄，解釋了美國上訴法院第九巡回法庭對Kazarian訴移民局案的影響。這份備忘錄概述了確定EB- 1A申請的兩步過程：1) 評估申請者是否符合移民申請類別的標準底線，確定是否符合最少3類成就；2) 決定申請者的證據是否證明申請者達到了所要求的出類拔萃 (top few) 和全國或國際知名的標準。AILA曾經指出，第二部分的分析過主觀，給了移民官借自由裁量權之名濫用權力的機會，并產生不一致的結果。在移民局公開論壇，移民局局長Alejandro Mayorkas提到判例法的具體用語并作出了他的解釋。基於這樣的事實，移民局首先考慮申請者是否符合3個標準，然後決定證據是否充分證明申請人達到了某一領域的頂尖。如果申請者沒有滿足最低3類成就，那麼移民局就無需分析下一步。如果申請者滿足了最低3類成就，移民官就要進行第二步的主觀整體測試。因此看來，移民局是要堅持EB- 1A的兩部份分析評估的立場。

2010年，移民局批准了41000件EB- 1A申請。根據目前的趨勢，預計在2011年，將只有23000件申請獲批。

補件 (RFE)

移民官經常使用模板發出補件通知。不幸的是，這種補件通知有9頁長，只包含樣板文字，而缺乏針對具體情況的細節問題。很多時候，移民官要求提交已經提交的證據。在回應使用RFE模板，以及由此導致移民律師以及他們的客戶心生沮喪等問題時，移民局解釋說，這個問題非常難以解決，並沒有簡單的解決方案。通過使用模板，移民局希望達到一個更快的處理時間與每個個案均有上級的監督審查（這將使個案處理更長的時間）之間的平衡。然而，移民局局長也承認和建議，也許不同的模板可能會更符合公共的利益。局長建議，用一句話解釋哪一

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健康專欄

吸煙會導致尼古丁上癮和嚴重的健康問題。戒煙可以顯著減少與吸煙有關的許多病症。煙草上癮是一種慢性疾病，往往會有反復，但有效的治療方法是存在的。吸煙者可以做到戒煙。事實上，以前的吸煙者比現在多。

尼古丁上癮

- 尼古丁是煙草制品中導致上癮的藥物。大多數吸煙者會對尼古丁上癮。尼古丁上癮在美國是化學上癮的最常見形式。研究表明，尼古丁同海洛因，可卡因，或酒精一樣會引起上癮。
 - 戒煙是困難的，可能需要進行多次。人們經常因為壓力，體重增加和其它症狀而中斷和復發。
- 戒掉尼古丁的症狀包括煩躁，焦慮，注意力難以集中和增加食欲。

戒煙對健康的好處

- 戒煙會給健康帶來很多好處：戒煙可以降低肺癌和其他癌症的風險。
- 戒煙可減少冠狀動脈心臟病，中風和其它血管疾病的風險。冠狀動脈心臟病的風險在戒煙1至2年內降低。
 - 戒煙降低咳嗽，氣喘，呼吸短促等呼吸系統症狀。戒煙可減慢肺功能下降的速度。

戒煙

- 戒煙減少慢性阻塞性肺病（COPD）的發展，後者在美國是導致死亡的主要原因之一。
- 育齡婦女戒煙可降低不孕風險。婦女在懷孕期間停止吸煙也可減少她們生育低體重嬰兒的風險。

戒煙方法

有效的戒煙方法可以增加成功的機會，它主要來自：

- 醫生的臨床指導
- 諮詢服務，包括個人，團體，或電話諮詢
- 戒煙方法的培訓
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資料來源：疾病管治中心

文章由塔夫茨醫學中心贊助

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《舢舨》雙語雙週報創立於西元1972年，宗旨在聯絡社區，教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60，撥打訂報專線617-426-9492分機206，或將支票以及填寫完整之訂報表格一同寄至舢舨地址。

夏季白領誘發頸椎病七大原因

炎炎夏季，頸椎病患者卻多了起來。這是因為，溫度高，睡眠中翻身次數增多，導致落枕；空調溫度過低或猛吹風扇，頸部受涼，誘發頸椎病等諸多原因。

1、溫度高，睡眠中翻身次數增多，導致落枕；夏天睡覺時，人體由于局部溫度過高，翻身次數增多，很多朋友早上起來發現自己都睡在床的另一邊去了。頻繁的翻身過程中，很容易導致落枕，帶來頸椎疼痛，因此我們應盡量保持室內溫度不能太熱，另外給枕頭增加一個草席套也是非常有用的；

2、天氣燥熱，心情煩躁，誘發頸椎病； 研究表明，多愁善感、脾氣暴躁的人易患神經衰弱，神經衰弱會影響骨關節及肌肉休息，長此以往，頸肩部容易疼痛。夏天我們一定要注意保持健康、快樂、平和的心情，讓自己遠離頸椎疾病；

3、空調溫度過低或猛吹風扇，頸部受涼，誘發頸椎病；頸椎病和受涼有很大關係。夏天在辦公室裏，空調溫度一般開得很低，特別是座位正對空調，或是穿吊帶裝的女性，頸背肌肉很容易受寒，誘發頸椎病。專家建議有空調的辦公室裏，最好在外面穿件外套，以免頸部受涼而引發或加重頸椎病。女性白領還可佩帶質地柔軟的絲巾，這樣既保護頸椎，又不失禮儀。

4、天氣炎熱，外出減少，在家上網、看電視時間增多，導致頸椎病；夏天天氣炎熱，人們更願意待在室內上網、看電視，相比春秋季戶外活動時間大大較少，而頸椎病也就乘虛而入。因此專家建議即使在室內時，大家不妨多安排一些就地取材的“運動”，比如仰臥起坐、擦擦窗戶、遠眺等，充分運動頸部、背部肌肉，保持頸部血液暢通；

5、日長夜短，夜生活豐富，睡眠減少誘發頸椎病；從自然規律來說，夏季白天長晚上短；從生活習慣來講，年輕人在夏季夜間娛樂生活增多，睡眠時間大大減少，白天疲勞的頸椎，夜間沒有足夠的時間進行恢復，日積月累導致很多年輕人頸椎疼痛；

6、夏日易犯困，午休不良姿勢傷頸椎；夏天，人非常容易疲倦，中午都想小憩一會兒，但我們常看到一些上班族在座位上耷著腦袋就睡著了，殊不知這樣睡覺給頸椎帶來的傷害非常大。專家提醒大家，午休或在車上睡覺時：第一，不提倡向前扒著睡覺，可採取向後仰躺的姿勢稍事休息；第二，一定要為頸椎找到扶托點，比如在頸部後面墊一個卷裹的衣服或帶上u型頸舒枕等；

7、冷水衝涼，誘發頸椎病；夏季白天汗流浹背，回到家，總想痛痛快快洗個冷水澡涼爽一把。但一定要小心了，沒準第二天你就感覺身體有點異常，頭不能動了、手腳開始麻木。其實，溫水衝澡更能為您帶來精力的恢復和健康。

頸椎病雖然沒有明顯的季節性發病期，但不同季節來就診人群存在很大的差異，秋冬兩季來就診的中老年人居多，春夏兩季來就診的年輕人、都市白領居多。醫生告訴記者，大部分的人都存在一定程度上的頸椎隱患，在一定的觸發因素下，這些隱患就會徹底顯現出來。而就是這些觸發因素的不同，使得頸椎病在不同的季節呈現出不同的人群特徵。中老年人生活有規律，觸發因素主要為氣候、濕度等大環境；年輕人、都市白領一般頸椎的退行性形變還不嚴重，氣溫、濕度等大環境的變化，對其頸椎影響小，而主要的觸發因素來自於季節對其生活習慣的影響。

波城 司徒賢律師專業事務所 華埠
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司徒賢律師在全美十大法學學院，紐約大學畢業，是麻省、新紐西、紐約三州註冊執業律師。曾被香港（一國一制）、台灣（聯合報）、美國（世界日報）、(BOSTON GLOBE) (SAN FRANCISCO CHRONICLE) 國際有線台訪問。

昆市新聞

昆士亞裔醫療交流會首屆招聘會



昆士亞裔交流會 (Quincy Asian Health Network) 在昆士醫療中心 (Quincy Medical Center) 的首屆亞裔招聘會成功舉行。(鍾彥攝)

【本報記者鍾彥】 6月26日星期六早上十點到下午兩點，昆士亞裔交流會 (Quincy Asian Health Network) 在昆士醫療中心 (Quincy Medical Center) 面向亞裔居民的首屆招聘會。招聘會舉辦很成功，有華康家庭護理中心，滿能醫務中心，Harvard Vanguard Medical Associates，昆士康復中心及療養院等十五個醫療相關機構與公司參加招聘會，麻省眾議員陳德基 (Tackey Chan) 也出席了招聘會現場，了解昆士醫療界的情況與社區需求。

招聘會參加的機構範圍很廣，有牙醫，社區健康中心，家庭護理，還有療養院等等，招聘的職位多為家庭護理，有一些機構有護士，護士技工，診所助理等空缺職位。這些機構主要招聘會中文的或者雙語的亞裔居民，為了在醫療過程中更好的交流，沒有語言障礙，為南岸亞裔居民提供更好的服務。

主辦人譚秀婷表示，昆士亞裔醫療交流會現在有55個機構參與，這些機構都關注亞裔醫療相關的問題，都在南

岸和昆士與亞裔相關的醫療項目。昆士亞裔交流會於2010年6月創辦，當時創辦該組織是因為昆士亞裔居民數目的增長，醫療問題非常值得關注，與其讓醫療機構各自發展，不如整合資源，組成一個團隊，共同提高社區的亞裔醫療健康。亞裔醫療交流會每月一次例會，實行免費會員制，只要是關注亞裔醫療問題的機構都歡迎參加，亞裔交流會旨在給各機構提供一個更好的交流平台，與給昆士南岸的亞裔居民更好的醫療服務。

她還指出，昆士這次招聘會給昆士市地區的醫療機構提供更多的亞裔文化背景，帶動南岸周邊的醫療工作並借此招聘會向南岸的亞裔居民宣傳醫療保健意識。主辦方希望能把每年都能舉辦該招聘會，更好的服務亞裔社區。

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華埠新聞

華埠主街節 熱鬧舉行



舞蹈表演。(Diana Li 攝)



華美銀行的攤位。(Diana Li 攝)

【本報訊】華埠主街節於7月26日在波士頓華埠舉辦。共有來自社區的40多個團體參與，攤位沿著碧珠街、哈里森大街、泰勒街、哈德森街沿途擺開。在夏日後首個週日，提供華埠居民一個聯誼及獲得各式服務資訊的機會，也讓波士頓市民參與華裔節日的機會。主街節吸引了大量來自各方的遊人。

有來自民間的花草盆栽、中國禮品、首飾珠寶及各式小玩藝；還有各式小食、應時鮮果、小百貨等等。多個華人文化團體也參與當天的活動，現場有中國畫、寫書法；波士頓的象棋協會還擺出一溜兩張長長的桌子，好幾盤象棋讓公眾隨意參賽。一些照顧老人機構、醫療衛生、保健宣傳也參與其中。引導人們身心健康享有盛譽的法輪功年年參與華埠節慶，已成為該節慶的特色之一。

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主街節的典禮在華埠天下為公牌坊下搭建的舞台舉行。麻州眾議員麥家

威、市議員John Connolly和皮利斯等都上台致辭。紐英倫中華公所主席梁永基也發言感謝華埠主街組織當天的活動。活動由華埠主街主席余俊明和黃納斯委員擔任司儀，主持了整場表演。

開幕式由中華廣教學校的鑼鼓樂隊首先表演，節奏鮮明的鼓聲為現場帶來了輕鬆的氣氛。隨後17個社團先後上台做表演，其中有各門派的中國功夫、健身舞蹈、醒獅表演、音樂舞蹈及時裝表演等等，獲得現場觀眾的熱烈掌聲。

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亞美聯誼會將於7月10日(週日)晚六到九點在昆士市龍鳳大酒樓舉辦週年慶，入場費為會員15元，非會員18元。該會邀請地方企業、組織在慶祝會上擺設展售或資訊攤位，可從下午四點起擺出攤位，每張展示桌50元。查詢詳情可洽617-769-0800。

伍胥山公所講座

紐英崙伍胥山公所將於7月10日(週日)下午2:30至4點在公所會址(22 Tyler St., Boston, MA)舉辦華裔家庭教育講座，邀請獲有哈佛大學教育學院人類發展及心理學博士學位的布朗大學教育系李瑾教授講談「美國的華裔家庭與兒童所面對的挑戰」。講座免費、公開，查詢可洽617-482-2163。

波市議員Bill Linehan籌款會

包括波士頓市僑領陳毓璇、陳毓禮，以及擔任活動主席的Kenneth Yee及 Sing Ming Chan等48人列名籌委會，訂7月10日(週日)晚六至八點，假波士頓華埠龍鳳酒樓，為波士頓市第二區現任市議員林乃肯(Bill Linehan)舉辦籌款會。

亞美聯誼會週年慶

亞美聯誼會將於7月10日(週日)晚六到九點在昆士市龍鳳大酒樓舉辦週年慶，入場費為會員十五元，非會員十八元。該會邀請地方企業、組織在慶祝會上擺設展售或資訊攤位，可從下午四點起擺出攤位，每張展示桌五十元。查詢詳情可洽617-769-0800。

黃素芬宣佈競選連任Fitchburg市長

麻州費奇堡(Fitchburg)市有史以來第一位亞裔市長黃素芬(Lisa Wong)將於七月十一日(週一)晚六至八點，假其競選總部(454 Main Street, Fitchburg, Massachusetts)舉行競選連任宣佈會。無法出席，但有意支持者，可寄支票到 Committee to Elect Lisa Wong, 50 Fitch Hill Avenue, Fitchburg, MA 01420。

乳房健康教育

紐英崙婦女新運會將於7月14日(週四)下午三點，假中華耆英會康樂樓(25-31 Essex Street, Boston, MA 02111)舉辦粵語講座，並邀請乳癌病友現場分享經驗，另有贈品和專人提供中文資訊及轉介服務。如欲參加報名請洽黃林桂蘭：617-542-7458，名額有限，四十歲以上婦女優先。

專協皮膚癌講座

專協皮膚癌講座將於7月16日(週六)下午2點至3:30，紐英崙中華專業人士協會在僑教中心(90 Lincoln Street, Newton Highland)舉辦，邀請波士頓大學醫學院皮膚學副教授Mei Yu Hsu講談「皮膚癌：你必需知道什麼」。查詢網站：www.neacp.org，或電郵：2neacp@gmail.com。

文協中文輸入講座

大波士頓中華文化協會將於7月16日(週六)早上十點至中午12點在文協會址(437 Cherry Street, West Newton, MA)舉辦中文輸入講座，教人在微軟和蘋果的系統下設定及做中文輸入，使用谷歌(google)網路搜尋引擎瀏覽網路世界，用email與台灣或大陸的親朋好友聯絡等。有電腦者，可攜電腦到場做設定。查詢詳情可上網http://www.gbcca.org/?q=node/840。

波士頓中國校友會野餐

波士頓中國校友會聯合總會夏季野餐會訂7月16日(週六)上午十點至下午四點，假Hopkinton州立公園(268 Cedar Street, Hopkinton, MA 01748)舉行。若下雨，改為七月廿三日。活動費用成人十元，老人及六歲以上小孩五元。查詢可洽 bostonchineseaac@gmail.com，宜七月九日前報名。

中華專協皮膚癌講座

紐英崙中華專業人士協會將於7月16日(週六)下午二點至三點半，假座落於牛頓市的波士頓僑教中心舉辦講座，邀請波士頓大學醫學院皮膚學副教授Mei Yu Hsu講談「皮膚癌：你必需知道什麼」。查詢可上網www.neacp.org，或電郵2neacp@gmail.com。

網協、藥協夏日郊遊

紐英崙中華資訊網路協會(NECINA)和美中醫藥開發協會紐英崙分會(SAPA-NE)合作，將於7月30日(週六)早上十一點至晚上十點，到新罕布夏州Canobie湖公園(85 North Policy Street, Salem, NH)。下午一點至三點自助餐及聯誼。七月十六日截止報名，費用會員28元，非會員43元。報名可上網www.acteva.com/booking.cfm?bevaaid=220550，或www.acteva.com/booking.cfm?bevaaid=220864，查詢詳情可洽網協沈心焯Sean.Shen@necina.org，鄭茹 ru.zheng@necina.org，斐曉華 Sharon.Pei@necina.org，或藥協www.sapa-neweb.org

美銀行獲頒2011年度波士頓中國城街區最佳商業榮譽獎

近日華美銀行被波士頓主街區以及波士頓鄰里發展部評為本年度波士頓中國城街區之“最佳商業”。波士頓市市長Thomas M. Menino先生於本月9日向華美銀行頒發了榮譽證書。華美銀行資深副總裁新英格蘭區區域總監葉俊年先生代表華美銀行接收了獎狀。葉俊年先生表示，華美銀行一向深耕社區，尤其關注華人社區的需求和發展。今天能獲此殊榮，再次證明了華美銀行兢業專注於服務社區，長期的貢獻和奉獻精神才創下今日的優良業績。華美銀行將會繼續關注並全力支持社區的發展和建設。波士頓市長Menino 先生表示，在過去的15年裡，波士頓的主街區在積極幫助活躍社區商業發展方面做出了卓越的貢獻。感謝這些為社區付出辛勤勞動的所有商家和個體戶。波士頓的主街區最佳商業獎從開設至今已經歷了15屆。每年波士頓的主街區都會選出一家於該年內為此街區做出卓越貢獻的優秀商業以資獎勵。華美銀行作為一家致力於服務華人社區的商業銀行，在波士頓中國城有著不可取代的地位和作用。自成立至今，連續幾十年孜孜不倦地為當地社區默默地服務。


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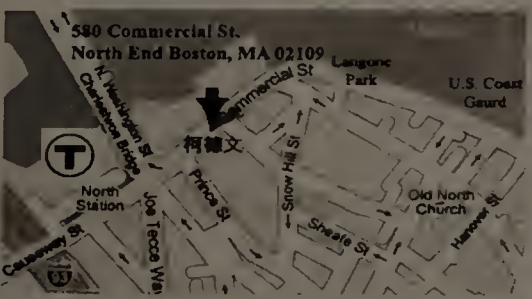
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